



Abstract

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PI Name: ANDERSON-LOFTIN, WANDA A.

PI Email: wanda.anderson_loftin@sc.edu

PI Title:

Project Title: Dietary Education for Rural, Black Persons with Diabetes

Abstract: Rural minority populations in the South bear a disproportionate burden of type 2 diabetes, its complications, and its costs. Diabetes education can reduce avoidable risk factors for complications; yet, traditional diabetes education approaches have been ineffective for these populations. The goal of this research is to facilitate culturally-competent, dietary self-management in high-risk African-Americans with Type 2 diabetes living in rural South Carolina. The specific aim is to test the effects of a dietary self-management education intervention on (a) physiological outcomes (glycosylated hemoglobin, lipids, and weight); (b) dietary habits; and (c) costs of care (hospital length of stay and acute care visits). A longitudinal experimental study is proposed, using a pretest-post-test control group design with random assignment to the experimental group (n=63) or to the control group (n=62). The sample will be recruited from a Southern, rural community. The experimental group will receive the intervention. The control group will receive the usual care, referral to a dietician. The intervention consists of four classes in low-fat dietary strategies, peer-professional group discussions, and follow-up by a nurse case manager who is a certified diabetes educator. The uniqueness of this intervention is that it not only reflects awareness of cultural values of African-Americans, but it also seeks to integrate these values into healthy dietary strategies by incorporating Southern African-American learning methods, foods, and social approaches. Both groups will be tested at baseline and 6 months post intervention. Self-reported data will be collected with the Food Habits and the Costs of Care questionnaires. Repeated measures MANOVA and repeated measures ANOVA will be used to analyze the data.

Thesaurus Terms:

diabetes education, diet, health education, noninsulin dependent diabetes mellitus, nursing intervention, rural area
culture, longitudinal human study, outcomes research
African American, human subject, patient oriented research

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